



ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

2015 Recreational Swim and Fitness Center Schedule Summer (August 10th to August 23rd)

OUTDOOR POOLS

FITNESS (50 Meters)

Monday – Friday

6:00 a.m. to 8:00 a.m. - 2 lanes lap swimming only

8:00 a.m. to 12:00 p.m. - lap swimming & water walking only **

12:00 p.m. to 4:00 p.m. - 3 lanes lap swimming + rec swim

4:00 p.m. to 6:00 p.m. - 3 lanes lap swimming only

6:00 p.m. to 9:00 p.m. - 3 lanes lap swimming + rec swim

Saturday and Sunday

9:00 a.m. – 12:00 p.m. – lap swimming only

12:00 p.m. – 9:00 p.m. – 3 lanes lap swimming + rec swim

Outdoor pool users must enter and exit using the outdoor entrance.

During the summer season, the outdoor entrance will close at 9:00 p.m.

RECREATION (with Slide)

Everyday

12:00 noon – 9:00 p.m.

****Special Community Swim Times****

Recreation Pool, Fitness Pool Diving Well (only),
Tot Pool and Sprayground open

Mon-Fri, 10:30 a.m. to 11:45 a.m. thru 8/14

INDOOR POOLS

NORTH (25 Meters)

Monday – Friday

6:00 a.m. – 9:00 p.m.

Sunday

9:00 a.m. – 8:00 p.m.

Saturday

7:00 a.m. – 8:00 p.m.

SOUTH (25 Yards)

CLOSED FOR CONSTRUCTION

The indoor facilities are reserved for adults (18+) and children (6 & under) accompanied by an adult

FITNESS ROOM / SAUNAS / SPA

Monday - Friday: 6:00 a.m. to 9:00 p.m.

Saturdays: 7:00 a.m. to 9:00 p.m. (Spa closes at 7:00 p.m.)

Sundays: 9:00 a.m. to 9:00 p.m.

Email Newsletter Sign-up

To add your email address to the distribution list, visit
www.rockvillemd.gov/swimcenter, click the ALERTS / NOTIFY ME
button, enter your email and click the envelope next to Swim Center.